

Community Events:

KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.

\$15 for the first child

\$10 for each additional child

Please register by the previous Wednesday.

September 7th Theme: Can't Stop the Feeling
Movie: Trolls

September 21st Theme: The First Year Can be Rough
Movie: Harry Potter and the Sorcerers Stone

CHILD WATCH:

Child watch is only offered during fitness classes. Please call or email 48 hours in advance to sign your child up, so we can have staff available. 720.870.2221

Not available for 6 am classes
southshore@denverymca.org

CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.



September 2018

Southshore
27151 East Lakeview Drive
Aurora, CO 80016
720-870-2221

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1 Nia 9-10 am
2 NO Beginner Yoga & Meditation Class today	3 Labor Day Lakehouse closed Pool open 10am- 8pm	4 Strength Conditioning &Core 10:15am-11:15am NO Cardio Sculpt Yoga 6-7pm	5	6 Strength Conditioning 10:15am-11:15am	7 *Kids Night Out 6-10pm at the Lakehouse	8 Nia 9-10 am Pool Open 10am-6pm (weather permit- ting)
9 Beginner Yoga & Meditation 6-7pm Pool Open 10am-6pm (weather permit- ting)	10 Yoga 9:30- 10:30am Beginner Yoga & Meditation 6-7pm	11 Strength Conditioning &Core 10:15am-11:15am NO Cardio Sculpt Yoga 6-7pm	12	13 Strength Conditioning 10:15am-11:15am	14	15 Nia 9-10 am Pool Open 10am-6pm (weather permit- ting)
16 Beginner Yoga & Meditation Class 6-7pm Pool Open 10am-6pm (weather permit- ting)	17 Yoga 9:30- 10:30am Beginner Yoga & Meditation Class 6-7 pm	18 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6- 7pm Yoga 6-7pm	19	20 Strength Conditioning 10:15am-11:15am CUB CLUB 4-5pm@ Color Me Mine	21 *Kids Night Out 6-10pm at the Lakehouse	22 Nia 9-10 am
23 Beginner Yoga & Meditation 6-7pm Begin- ner Yoga & Medita- tion 6-7pm 30	24 Yoga 9:30- 10:30am Beginner Yoga & Meditation 6-7pm	25 Strength & Conditioning 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	26	27 Strength Conditioning 10:15am-11:15am	28	29 Nia 9-10 am

* indicates pre registration required